



# Mountain Spaa

Text and Photographs  
by Barbara Richards

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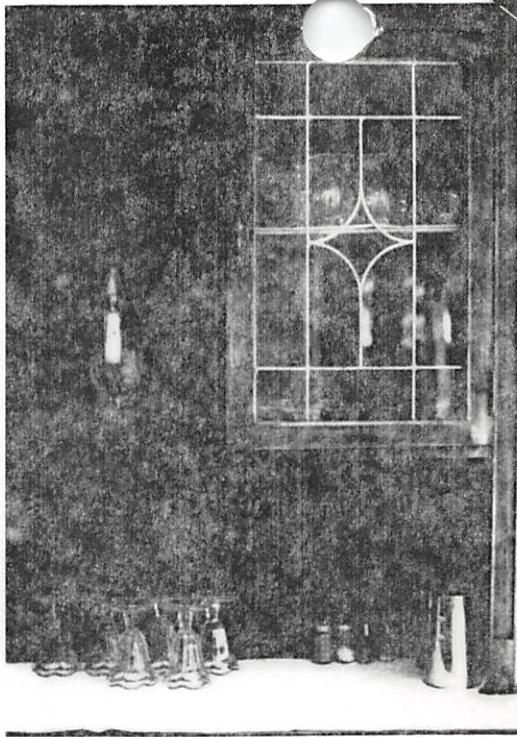
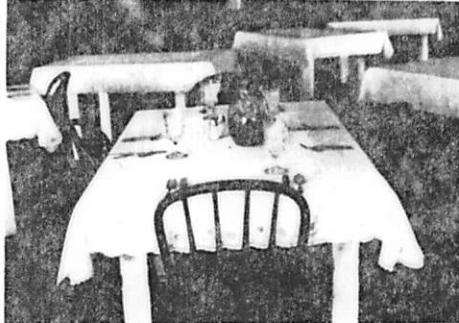
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I've come to the Mountain Spaa in Midway for my first swim in the mineral pools. I change in a deserted bath house. When I step into the indoor pool, I am alone. The mineral waters are calm and unbroken. A multicolored fiberglass wall lets in the afternoon light, and as I swim across the pool, my waves catch the light to surround me in shimmering, undulating color. The intense, white sunlight is focused through holes in the ancient outer structure of the ceiling. The water is comfortably warm and feels good.

Some time later my reverie is broken by a group of children with inner tubes who jump whooping and splashing into the pool. I relinquish my warm solitude for the even warmer and larger outdoor pool. There are several other swimmers, among them a round woman in a modest bathing suit. She holds her baby as she bobs about, carefully keeping her beehive hairdo out of the water. Her husband—heavily tanned forearms and face on an otherwise pale body—silently advertises his profession. This is no jet set resort.

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Refreshed and relaxed after my swim, I stop in the cafe for a cold drink. My eyes delight in the turn-of-the-century soda fountain. I glimpse an impressive array of antique institutional equipment in the kitchen. A small woman in a white uniform comes through the door.

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Linda's husband, John, and their four teenaged children are the backbone of the Mountain Spaa staff. Each takes a turn at lifeguarding, teaching swimming, leading horse trips, caring for the grounds, cooking, waiting on tables and attending the pools. Althea's other children, Farrell and Kathleen, with their spouses and children, have also worked at the Spaa. A trio of teenaged grandchildren, armed with mops, pails, toilet brushes and sheets, troop past toward the small white cottages.

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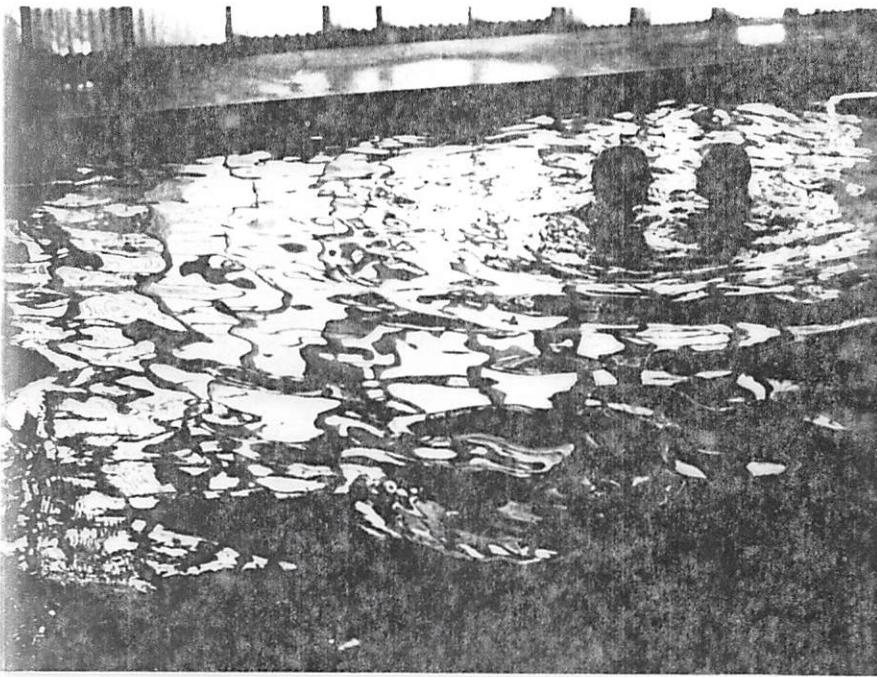


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Orem. They found several tunnels and a large cavern directly beneath the Spaa's parking lot, explaining why there is never any snow on the lot even in the middle of winter.

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buried their gold in an old iron kettle and fled. Many years later one of the band returned, pitched a tent and spent an entire summer vainly searching for the gold. Others have searched for the treasure, but it remains hidden.

The Spaa (the spelling is a Payne family choice) has had numerous owners. Originally claimed by the Indians, it was purchased in 1855 by Ezra

Strong, who paid two yoke of oxen and a secondhand sewing machine. He put a tent over one dry pot and lived there; today it is a storage area. In a second dry pot, Ezra opened a saloon large enough to accommodate a pool table. Patrons had to enter by sliding down a rope. Some time in those early days, a white man dueled and defeated an Indian in one of the hot pots.

In 1888 Andrew Luke bought the claim. With his oldest son, John, he built Lukes Hot Pots, a popular resort of the times that became famous for its healthful mineral water pools, chicken dinners and swinging Saturday night dances. The sturdy pot-rock house I had passed was built by Andrew for his family. Today it is a hotel.

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Althea and her family continue in the historic tradition of the Spaa. They offer horseback riding, picnicking, hay rides and camping in addition to swimming. Golf and fishing are nearby. Entire families return annually for reunions in the peaceful setting.

Like the others, I will keep returning to the friendly, quiet and tranquil resort. □



We do. We are writing our congressmen in Washington to oppose cutting the budget of the National Endowment for the Arts 50%.

IF YOU CARE ABOUT THE ARTS, please join our efforts. It is not too late to make a difference.

• Write or call:

**Sen. Jake Garn**  
5121 Dirksen Senate Office Bldg  
Washington, D.C. 20510  
202-224-5444

**Sen. Orrin Hatch**  
411 Russell Senate OB  
Washington, D.C. 20510  
202-224-5251

**Rep. Dan Marriott**  
1133 Longworth House Office Bldg  
Washington, D.C. 20510  
202-225-3011

**Rep. James Hansen**  
1407 Longworth House Office Bldg  
Washington, D.C. 20510  
202-225-0453

Tell them you care about the arts. Urge them to oppose such a drastic cut in funding for the National Endowment for the Arts. Ask them to protect Utah's share of the arts budget.

UTAH CITIZENS  
FOR THE ARTS

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FOR THE ARTS

524 B Street, Salt Lake City, Utah 84103

I would like to be a member of UTAH CITIZENS FOR THE ARTS.  
Enclosed is my check for:

\$5 -Reciprocal (I already belong to \_\_\_\_\_) \_\_\_\_\_  
arts organization

\$5 -Student

\$10-Individual

\$15-Family

\$25-Organization

I would like to know more about UTAH CITIZENS FOR THE ARTS.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

## "THE OLD LONG POT"

The "Old Long Pot" was named by Indians and Settlers in the 1800's. It was part of a claim that was first homesteaded in 1875 by two white settlers who purchased the claim from an Indian named Red Cloud for two yoke of oxen and a second-hand sewing machine.

Legend has it that in 1851, a band of outlaws stopped by to swim in the pot. They were interrupted by Indians. They quickly hid their gold in an old iron kettle and buried it, then the outlaws fled. Many years later one of the outlaws returned, but the land had changed so much he was unable to find the gold. Many have searched, but none have found it.

The Mineral Water which feeds the three pools at Mountain Spaa is loaded with the Miracle Mineral, "Zinc". Zinc is noted for its wound-healing ability and its benefits to arthritic patients. The "Hot Pots" from which the water comes, are cone-shaped springs of lime formation formed by the water. The water contains lime, zinc, iron and magnesium as well as other minerals; it forms a hard lime rock wherever it flows. In ancient times the water ran over the surface and formed the cones. Some are very high while others are ground level. The dry pots have simply sealed themselves off.

Much of the acreage of the Mountain Spaa is quite hollow and contains underground lakes and rivers. There are many springs on the property, most of them feeding the pools with the healthful hot water. One can bathe in the water for a mere 20 minutes and absorb the minerals into the body through the pores.

The "Old Long Pot" is still here. It was cemented in by John Luke in the early 1900's, but the indoor pool is built inside the crater. Below the cemented pool bottom the springs remain and are still active. Much of the ground beneath the pool is hollow and the springs bubble up through the cement every few seconds.

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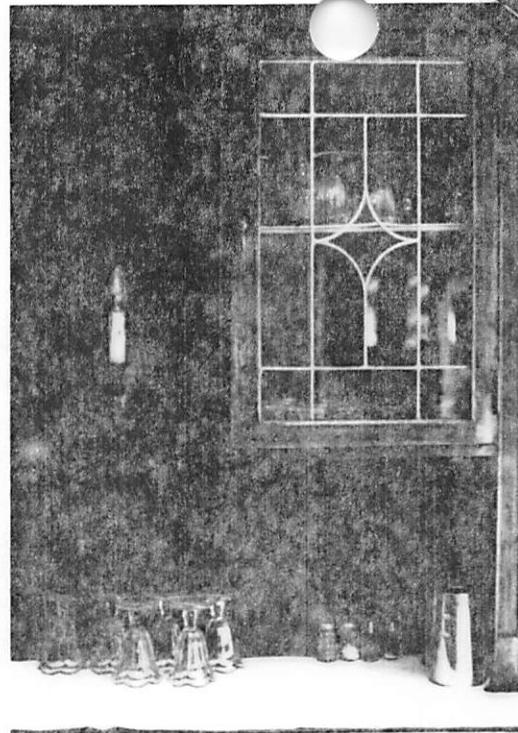
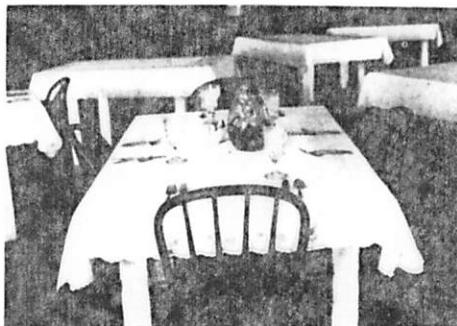
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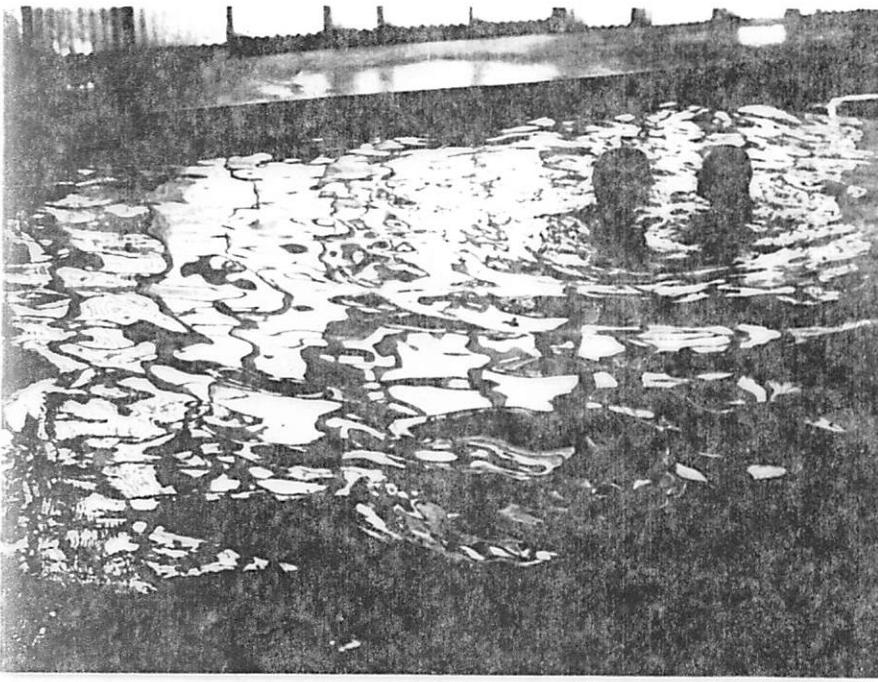


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